

# March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 12p Barre 6p Floorwork 7p Flow <b>8p INSTRUCTOR WKSHP</b>	2 <b>7:30a TRICKS WKSHP</b> <b>8:45a DOUBLES WKSHP</b> 10a Intro Spin Pole 11a Fund I (B)
3 5p Aerial Silk Tricks 6p Fund II/III (C) 7p Int/Adv Spin Pole	4 5p Yoga 6p Aerial Pole I/II (A) 6:50p Pole Cardio 7:45p Fund I (D) 8:45p Pole-ates	5 5:30p Technique Tune Up 6:20p Tricks & Transitions 7p Aerial Silk Fitness 7p Fund II/III (C)	6 5:30p Aerial Pole II/III (D) 6:30p Fund I (B) 6:30p Fund II/III (B) 6:30p Aerial Silk Fitness 7:30p XaBeat	7 5:45p Aerial Silk Fitness 6p Aerial Pole I/II (C) <b>7p Fund I FREE CLASS</b> 7:45p Yoga	8 12p Barre	9 10a Intro Spin Pole 11a Fund I (C) <b>1p Intro to Yoga WKSHP</b>
10 5p Aerial Silk Tricks 6p Fund II/III (D) 7p Int/Adv Spin Pole	11 5p Yoga 6p Aerial Pole I/II (B) 6:50p Pole Cardio 7:45p Fund I (A) 8:45p Pole-ates	12 5:30p Technique Tune Up 6:20p Tricks & Transitions 7p Aerial Silk Fitness 7p Fund II/III (D)	13 5:30p Aerial Pole II/III (A) 6:30p Fund I (C) 6:30p Fund II/III (C) 6:30p Aerial Silk Fitness <b>7:30p FREE XABEAT CLASS</b>	14 5:45p Aerial Silk Fitness 6p Aerial Pole I/II (D) 7p Fund I (B) 7:45p Yoga	15 12p Barre 6p Floorwork 7p Flow	16 10a Intro Spin Pole 11a Fund I (D) <b>1p Intro to Yoga WKSHP</b>
17 6p Fund II/III (A) 7p Int/Adv Spin Pole	18 5p Yoga 6p Aerial Pole I/II (C) 6:50p Pole Cardio 7:45p Fund I (B) 8:45p Pole-ates	19 5:30p Technique Tune Up 6:20p Tricks & Transitions 7p Aerial Silk Fitness 7p Fund II/III (A)	20 5:30p Aerial Pole II/III (B) 6:30p Fund I (D) 6:30p Fund II/III (D) 6:30p Aerial Silk Fitness 7:30p XaBeat	21 5:45p Aerial Silk Fitness 6p Aerial Pole I/II (A) <b>7p Fund I FREE CLASS</b> 7:45p Yoga	22 12p Barre 6p Floorwork 7p Flow	23 10a Intro Spin Pole 11a Fund I (A) <b>1p Intro to Yoga WKSHP</b>
24 5p Aerial Silk Tricks 6p Fund II/III (B) 7p Int/Adv Spin Pole	25 5p Yoga 6p Aerial Pole I/II (D) 6:50p Pole Cardio	26 5:30p Technique Tune Up 6:20p Tricks & Transitions 7p Aerial Silk Fitness 7p Fund II/III (B)	27 5:30p Aerial Pole II/III (C) 6:30p Fund I (A) 6:30p Fund II/III (A) 6:30p Aerial Silk Fitness 7:30p XaBeat	28 5:45p Aerial Silk Fitness 6p Aerial Pole I/II (B) 7p Fund I (C) 7:45p Yoga	29 6p Floorwork 7p Flow	30 10a Intro Spin Pole 11a Fund I (B)
31 5p Aerial Silk Tricks 6p Fund II/III (C) 7p Int/Adv Spin Pole						

## Zero Gravity Alternative Fitness

3350 35th Ave S. Suite 7  
Fargo, ND

zerogravityfargo.com  
701-630-5866

## ALL LEVELS WORKSHOPS!

*Signature Tricks w/ Myss Angie*  
March 2nd 7:30-8:45 am

*Doubles (Partner) Pole w/ Myss Angie*  
March 2nd 8:45-10 am

*Intro to Yoga (3 week series)*  
March 9, 16, 23 @ 1pm

## FREE CLASSES

**Pole: March 7th & 21 @ 7pm**  
**XaBeat: March 13th 7:30pm**

**SIGN UP FOR CLASSES TODAY!**  
zerogravityfargo.com